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2 **EXERCISE MACHINE FOR EXERCISING UPPER BODY PORTIONS**

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4 **SPECIFICATION**

5 **BACKGROUND OF THE INVENTION**

6 1. Field of the Invention.

7 This invention relates to exercise machines for
8 exercising the upper body portions and more particularly to such
9 a machine which can be adjusted between horizontal and selected
10 angulated vertical positions.

11 2. Description of the Related Art.

12 Exercise machines for exercising the upper body by
13 providing handles for the user to push upwardly and downwardly
14 against a weighted load are in general use. Such prior art
15 devices are described in patent nos 6,179,757 issued January
16 30,2001 to Koenig and 5,437,589 issued August 1, 1999 to Habing.
17 Such prior art machines are not adapted to be adjusted from a
18 position at which the seat and back rest are horizontal to one of
19 a number of positions vertically angulated relative to the
20 horizontal. Further, these prior art systems do not show arm
21 operated levers which run angularly inwardly towards each other
22 from the lever handles. The above indicated features of the
23 present invention provides greater versatility in the use of the
24 system and makes for more natural lifting action of the weighted
25 levers.

SUMMARY OF THE INVENTION

The machine of the present invention utilizes a seat and back rest which are hinged to each other. A calibrated adjustment lever is provided on the seat by means of which the seat can be lowered to one of a number of selected positions, with the portion connected to the back rest being lowered more than the front portion. The seat portion carries the lower part of the back rest along with it, bringing the back rest to a preselected angular vertical position. Thus, the machine can be used for a number of different types of exercises merely by a simple adjustment of the seat and back rest.

A pair of opposing levers are connected together through a swivel bracket on one end thereof and supported pivotally on the support frame. The two arms run outwardly from each other at an angle of about 35 degrees. Handles are attached to the other end of the arms which are free. Adjustments are provided to adjust the position of the arms and the height of the levers to accommodate various size persons.

It is therefore an object of this invention to provide an improved upper body exercise machine in which the positions of the seat and back rest can be readily adjusted to a selected position between horizontal and angulated vertical positions.

It is a further object of this invention to

1 provide an upper body exerciser in which the seat and back rest
2 can readily be set in any one of a number of different positions.

3 Other objects of the invention will become apparent in
4 view of the following description taken in connection with the
5 accompanying drawings.

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2 **DESCRIPTION OF THE DRAWINGS**

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4 Fig 1 is a side perspective view of a preferred
embodiment of the invention;

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6 FIG 2 is a top perspective view of the levers and
handles of the preferred embodiment;

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8 FIG 3 is a top perspective view illustrating the
handle adjustment of the preferred embodiment;

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10 FIG 4 is a front perspective view illustrating
the use of the system of the invention in a seated position;

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12 FIG 5 is a side perspective view illustrating the
support of the levers on the frame in the preferred embodiment;

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14 FIG 6 is a side elevational view of the preferred
embodiment showing the moving of the seat from its upper to its
lower position;

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16 FIG 7 is a front perspective view illustrating the
seat adjustment mechanism of the preferred embodiment;

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18 FIG 8 is an illustration showing the use of the
preferred embodiment in a reclining position;

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20 FIG 9 is an illustration showing the use of the
preferred embodiment in a semi reclining position;

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22 FIG 10 is an illustration showing the use of the
preferred embodiment in a near upright position; and

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24 FIG 11 is a side elevational view showing an
adjustment of the fixed position of the back rest in the

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1 preferred embodiment.

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3 **DETAILED DESCRIPTION OF THE INVENTION**

4 Referring now to the FIGS, a preferred embodiment of
5 the invention is illustrated. As can best be seen in FIGS 6-11,
6 seat 12 is pivotally supported on frame 14 by means of support 15
7 which is adjustable to bring the seat downward to selected
8 positions. This end result is achieved by means of gauge 16 which
9 has adjustment apertures formed therein. The support includes
10 forward and rear post portions 15a and 15b interconnected by
11 horizontal cross piece 15c. Support 15 has a pin 15d which fits
12 into any selected one of these apertures to position the seat and
13 the attached back rest 13 at a desired position between
14 horizontal and down adjacent to the base of frame 14. The back
15 rest is pivotally supported on post 19 which has an adjustment
16 member 19a for adjusting its height. The front end of back rest
17 13 is hinged to the rear of seat 12 and thus moves with the seat
18 with its forward end moving downwardly as the seat is moved
19 downwardly and with its rear end moving upwardly, as shown in the
20 various Figures.

21 Referring now to FIGS 1-5, the arm exercise mechanism
22 is illustrated. Levers 22 and 23 are connected together at one
23 end by swivel brackets 26 which are supported on frame 14. The
24 arms extend outwardly from each other at an angle of about 45
25 degrees. Handles 28 are attached to the opposite free ends of the

1 arms for grasping by the user. At a position between the opposite
2 ends of the arms, the arms are pivotally supported on frame 14 by
3 means of pivotal support 30. Vertical adjustment apertures 14a
4 are provided in the frame to permit the height of the arms to be
5 set for persons of different sizes. As shown in FIG 3, adjustment
6 apertures are provided in the attachment posts 28a of handles 28
7 to accommodate various size persons. In addition the posts can be
8 rotated 180 degrees to accommodate the situation.

9 Posts 32 extend outwardly from the sides of the levers
10 for mounting weights.

11 The user can exercise from a reclined position as shown
12 in FIG 8, a semi-reclined position, as shown in FIG 9 or a near
13 upright position as shown in FIG 10, merely by adjusting the
14 machine to these various positions, as shown in FIG 6.

15 While the invention has been described and illustrated
16 in detail, this is intended by way of illustration and example
17 only, the scope of the invention being limited by the terms of
18 the following claims.

19 I claim: